CLASS TIMETABLE 2024

Booking available online or via our App

MONDAY

TIME	CLASS	LOCATION
07:00 - 07:55	BODYPUMP	STUDIO 1
08:00 - 09:00	ASHTANGA YOGA	STUDIO 2
08:30 - 09:25	PILATES	STUDIO 1
09:30 - 10:15	SPIN	SPIN STUDIO
09:30 - 10:25	LBT	STUDIO 1
09:30 - 10:25	BODY ATTACK	STUDIO 2
10:30 - 11:25	PILATES	STUDIO 1
10:30 - 11:30	BODYBALANCE	STUDIO 2
10:30 - 11:15	SPIN	SPIN STUDIO
11:30 - 12:15	AQUA	POOL
11:45 - 12:15	YAH CIRCUITS	STUDIO 2
11:45 - 12:45	BODYPUMP	STUDIO 1
12:30 - 13.30	ZUMBA	STUDIO 2
13:00 - 14:00	LBT GOLD	STUDIO 1
16:30 - 17:15	TEEN FIT	GYM FLOOR
18:30 - 19:25	BODYPUMP	STUDIO 1
18:30 - 19:30	ZUMBA	STUDIO 2
19:00 - 19:45	SPIN	SPIN STUDIO
19:30 - 20:25	BODYCOMBAT	STUDIO 1
20:30 - 21:30	HATHA YOGA	STUDIO 1

TUESDAY

TIME	CLASS	LOCATION
07:00 - 07:45	X-HIIT	STUDIO 1
08:00 - 08:45	KETTLEBELLS	STUDIO 1
09:00 - 09:25	CORE CONDITIONING	STUDIO 1
09:30 - 10:25	LBT	STUDIO 1
09:30 - 10:25	BODYATTACK	STUDIO 2
09:45 - 10:30	SPIN	SPIN STUDIO
10:30 - 11:25	PILATES	STUDIO 1
10:30 - 11:30	VINYASA YOGA	STUDIO 2
10:45 - 11:30	AQUA	POOL
11:00 - 11:30	50+ GYM	GYM FLOOR
11:30 - 12:25	YOUNG AT HEART	STUDIO 1
12:30 - 13:30	PILATES GOLD	STUDIO 1
13:30 - 14.30	DANCEFIT	STUDIO 1
16.30 - 17:15	TEEN FIT	GYM FLOOR
17:15 - 18.00	HIIT	STUDIO 1
18:00 - 18:45	ZUMBA STEP	STUDIO 1
18.15 - 18:55	BOXERCISE	STUDIO 2
18.15 - 19:00	POWER SPIN	SPIN STUDIO
19:00 - 20:00	ADVANCE PILATES	STUDIO 2
19:15 - 20:30	HATHA YOGA	STUDIO 1

WEDNESDAY

TIME	CLASS	LOCATION
06:45 - 07:45	PILATES	STUDIO 1
08:00 - 09:00	BODYPUMP	STUDIO 1
09:15 - 10:15	BODYPUMP	STUDIO 1
09:00 - 09:40	BODY COMBAT	STUDIO 2
09:45 - 10:40	ZUMBA	STUDIO 2
10:30 - 11:15	AQUA	POOL
10:30 - 11:15	SPIN	SPIN STUDIO
10:35 - 11:35	BODYBALANCE	STUDIO 1
10:45 - 11:45	FLOOR BASED LBT	STUDIO 2
13:00 - 14:00	HATHA YOGA	STUDIO 1
16:30 -17:30	KIDS CREATIVE DANCE	STUDIO 1
18:15 - 19:00	AQUA	POOL
18:30 - 19:30	LBT	STUDIO 1
19:00 - 19:45	SPIN	SPIN STUDIO
19:00 - 19:55	BODYCOMBAT	STUDIO 2
19:45 - 20:45	BODYPUMP	STUDIO 1
20:00 - 20:45	HIIT	STUDIO 2

Not got the app yet? Download the 'EliteLive' App today via the App store or Google Play store.

CLASS TIMETABLE 2024

Booking available online or via our App

THURSDAY

TIME	CLASS	LOCATION
07:00 - 08:00	PILATES	STUDIO 2
08:00 - 08:45	SPIN	SPIN STUDIO
08:00 - 08:45	KETTLEBELLS	STUDIO 1
08:30 - 09:10	LBT	STUDIO 2
09:00 - 10:10	VINYASA YOGA	STUDIO 1
09:15 - 09:45	SPIN	SPIN STUDIO
09:15 - 10:10	HATHA YOGA	STUDIO 2
10:00 - 10:45	AQUA	POOL
10:15 - 11:15	YIN YOGA	STUDIO 1
10:15 - 11:30	HATHA YOGA	STUDIO 2
11:30 - 12:00	50+ GYM	GYM FLOOR
11:30 - 12:10	YAH DANCE	STUDIO 1
11:45 - 12:45	ZUMBA	STUDIO 2
12:15 - 12:55	YAH DANCE	STUDIO 1
13:00 - 14:00	PILATES	STUDIO 1
18:00 - 18:55	BODY PUMP	STUDIO 1
18:15 - 19:00	SPIN	SPIN STUDIO
18:30 - 19:15	AQUA	POOL
18:00 - 19:00	LBT	STUDIO 2
19:00 - 19:45	BOXERCISE	STUDIO 2
19:00 - 19:55	BODY COMBAT	STUDIO 1
20:00 - 21:00	PILATES	STUDIO 1

FRIDAY

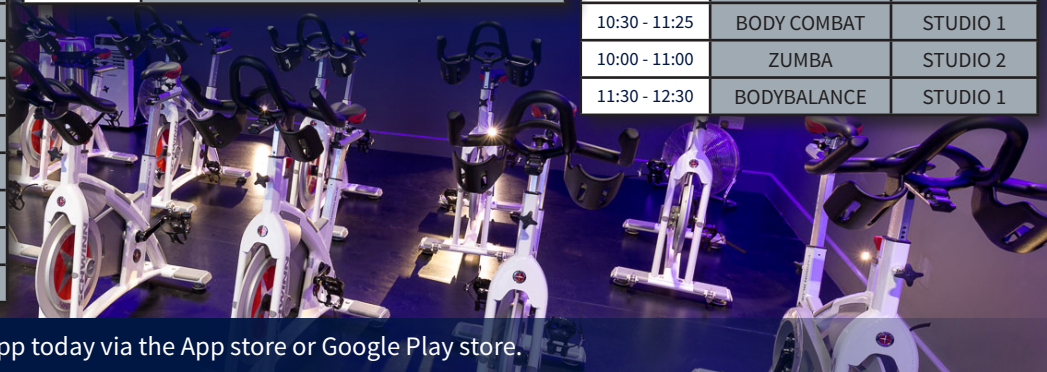
TIME	CLASS	LOCATION
07:00 - 07:45	X-HIIT	STUDIO 1
08:00 - 08:55	BODY COMBAT	STUDIO 2
08:00 - 08:45	SPIN	SPIN STUDIO
08:15 - 08:55	LBT	STUDIO 1
09:00 - 09:40	TOTAL BODY CONDITIONING	STUDIO 2
09:30 - 10:15	SPIN	SPIN STUDIO
09:30 - 10:25	LBT	STUDIO 1
09:45 - 10:40	ZUMBA	STUDIO 2
10:45 - 11:45	PILATES	STUDIO 1
11.15 - 12:15	PILATES	STUDIO 2
11:55 - 12:55	PILATES	STUDIO 1
12:45 - 13:45	TAI CHI	STUDIO 2
18:00 - 19:00	BODYBALANCE	STUDIO 1
19:00 - 20:00	HATHA YOGA	STUDIO 1

SATURDAY

TIME	CLASS	LOCATION
08:00 - 08:45	KETTLEBELLS	STUDIO 2
08:15 - 09:15	BODYCOMBAT	STUDIO 1
08:45 - 09:25	SPIN	SPIN STUDIO
09:30 - 10:25	ZUMBA	STUDIO 2
09:30 - 10:30	BODYPUMP	STUDIO 1
10:30 - 11:30	BODYBALANCE	STUDIO 2
10:45 - 12:15	HATHA YOGA	STUDIO 1

SUNDAY

TIME	CLASS	LOCATION
08:00 - 09:00	TAI CHI	STUDIO 2
09:30 - 10:25	BODY PUMP	STUDIO 1
10:00 - 10:45	SPIN	SPIN STUDIO
10:30 - 11:25	BODY COMBAT	STUDIO 1
10:00 - 11:00	ZUMBA	STUDIO 2
11:30 - 12:30	BODYBALANCE	STUDIO 1



Not got the app yet? Download the ‘EliteLive’ App today via the App store or Google Play store.